



SPRING 2020

CARE PROGRAM WORKSHOP CALENDAR

ACTIVITY	DESCRIPTION
Reminders: Semester Begins (February 24) / EOPS First Counseling Contact (Jan. 6-March 27) / CARE Grant Part 1 Requirements DUE (March 6) / Last day to drop without a "W" (March 13)	
How do I get my CARE grant? Thursday, February 27 th 3:00 – 4:00 pm Building 9B -Ragan Room <i>Facilitator: Maria Hernandez Figueroa</i>	Are you a continuing CARE student who needs to review the process of obtaining your grant for the spring 2020 semester? Come to this REQUIRED spring refresher for CONTINUING CARE STUDENTS to review the process, requirements, and timeline for being eligible to receive the CARE grant.
How do I get my CARE grant? Tuesday, March 3 rd 1:00 – 2:00 pm Building 9B -Ragan Room <i>Facilitator: Maria Hernandez Figueroa</i>	Are you a continuing CARE student who needs to review the process of obtaining your grant for the spring 2020 semester? Come to this REQUIRED spring refresher for CONTINUING CARE STUDENTS to review the process, requirements, and timeline for being eligible to receive the CARE grant.
Creating A College-Going Culture at Home Friday, March 13, 2020 10:30 am – 12:00 pm Building 9B -Ragan Room <i>Facilitator: Natalie Paredes, EOPS/CARE Counselor</i>	As first-generation college students with children, we set examples for children through our activities. Come to this workshop to discuss strategies that student parents use to maximize their study time and set priorities while creating a college going culture at home with your children.
Mindful Parenting Circle Monday, March 16 th 11:00 am -12:30 pm Building 6 - Room 160 <i>Facilitator: Andrea Torres, Meditation, Mindfulness and Breath Work Facilitator. Mt SAC Health Center</i>	Parenthood brings many joys but can also bring stress particularly to those like you who are pursuing your education. Join your CARE peers in an interactive discussion about mindful parenting. Topics discussed will include single parenting, co-parenting, manipulative relationships, raising teenagers, the power of words, and overall self-care. This workshop is in collaboration with the Mt. SAC Health Center and facilitated by Andrea Torres whose journey as a single teenage mother, full-time student, and Mt. SAC employee has led her to learn healthy ways to cope.
Inspiring Women of Mt. SAC Luncheon March 24 th 1:30 – 4:00 pm 9C Stage <i>Host: Mt. SAC</i>	Please join the college community to celebrate Women's History month by honoring women of Mt. SAC who inspire us! This year's theme is, "Valiant Women of the Vote" and will honor students, faculty, and administrators. The CARE Program will have spaces available so make sure to RSVP!



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Reminders: EOPS Second Counseling Contact (March 30-May 1) / Deadline to submit EOPS progress report (March 30 – April 15)	
<p>Mindful Parenting Circle</p> <p>Monday, March 30th 1:00 - 2:30 pm Building 6 - Room 160</p> <p>Facilitator: Andrea Torres, Meditation, Mindfulness and Breath Work Facilitator. Mt SAC Health Center</p>	<p>Parenthood brings many joys but can also bring stress particularly to those like you who are pursuing your education. Join your CARE peers in an interactive discussion about mindful parenting. Topics discussed will include single parenting, co-parenting, manipulative relationships, raising teenagers, the power of words, and overall self-care. This workshop is in collaboration with the Mt. SAC Health Center and facilitated by Andrea Torres whose journey as a single teenage mother, full-time student, and Mt. SAC employee has led her to learn healthy ways to cope.</p>
<p>Mindful Parenting Circle</p> <p>Monday, April 6th 11:00 am - 12:30 pm Building 6 - Room 160</p> <p>Facilitator: Andrea Torres, Meditation, Mindfulness and Breath Work Facilitator. Mt SAC Health Center</p>	<p>Parenthood brings many joys but can also bring stress particularly to those like you who are pursuing your education. Join your CARE peers in an interactive discussion about mindful parenting. Topics discussed will include single parenting, co-parenting, manipulative relationships, raising teenagers, the power of words, and overall self-care. This workshop is in collaboration with the Mt. SAC Health Center and facilitated by Andrea Torres whose journey as a single teenage mother, full-time student, and Mt. SAC employee has led her to learn healthy ways to cope.</p>
<p>CARE & CalWORKs Parent Luncheon</p> <p>April 10th 11:00 am – 1:00 pm 9C Stage</p> <p>Host: CalWORKs & CARE</p>	<p>Join the CARE & CalWORKs programs and your peers to celebrate another successful year at Mt. SAC. You are doing great and meeting your goals so take some time to celebrate your success! Don't forget to RSVP!</p>
<p>Mindful Parenting Circle</p> <p>Thursday, April 23rd 2:30 -4:00 pm Building 6 - Room 160</p> <p>Facilitator: Andrea Torres, Meditation, Mindfulness and Breath Work Facilitator. Mt SAC Health Center</p>	<p>Parenthood brings many joys but can also bring stress particularly to those like you who are pursuing your education. Join your CARE peers in an interactive discussion about mindful parenting. Topics discussed will include single parenting, co-parenting, manipulative relationships, raising teenagers, the power of words, and overall self-care. This workshop is in collaboration with the Mt. SAC Health Center and facilitated by Andrea Torres whose journey as a single teenage mother, full-time student, and Mt. SAC employee has led her to learn healthy ways to cope.</p>



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ACTIVITY	DESCRIPTION
Reminders: Last day to drop with a "W" (May 1) / Summer 2020 Priority Registration (May 6) / Last day to petition for spring 2020 semester graduation (May 8) / CARE grant Part 2 requirements due (May 15)	
EOPS/CARE Recognition Banquet May 7 th 5:00 pm DTC <i>Host: EOPS & CARE</i>	This banquet recognizes the successes of graduating EOPS and CARE students. More information to come.
Mindful Parenting Circle Monday, May 11 th 11:00 am – 12:30 pm Building 6 - Room 160 <i>Facilitator: Andrea Torres, Meditation, Mindfulness and Breath Work Facilitator. Mt SAC Health Center</i>	Parenthood brings many joys but can also bring stress particularly to those like you who are pursuing your education. Join your CARE peers in an interactive discussion about mindful parenting. Topics discussed will include single parenting, co-parenting, manipulative relationships, raising teenagers, the power of words, and overall self-care. This workshop is in collaboration with the Mt. SAC Health Center and facilitated by Andrea Torres whose journey as a single teenage mother, full-time student, and Mt. SAC employee has led her to learn healthy ways to cope.
Mindful Parenting Circle Monday, May 18 th 1:00 - 2:30 pm Building 6 - Room 160 <i>Facilitator: Andrea Torres, Meditation, Mindfulness and Breath Work Facilitator. Mt SAC Health Center</i>	Parenthood brings many joys but can also bring stress particularly to those like you who are pursuing your education. Join your CARE peers in an interactive discussion about mindful parenting. Topics discussed will include single parenting, co-parenting, manipulative relationships, raising teenagers, the power of words, and overall self-care. This workshop is in collaboration with the Mt. SAC Health Center and facilitated by Andrea Torres whose journey as a single teenage mother, full-time student, and Mt. SAC employee has led her to learn healthy ways to cope.
MT. SAC COMMENCEMENT CEREMONY – JUNE 12	